

Mental Aspects of Health

- Five Traits of Personality
Search for your identity
- Emotions
- Self esteem

Personality consists of:

Behaviors

Emotions

Your Body

Attitudes

Thinking

All of this makes you an individual!



Five Central Personality Traits describe how people:

1. Behave

2. React to change

3. Relate to others

1. Extroversion

2. Agreeableness

3. Conscientiousness

4. Emotional Stability

5. Openness to Experiences



EXTROVERSION

This trait describes how much you like to be with other people!

The following labels are often used to describe the extremes of this personality trait. Which is most like you and when? Answer on page 24

Extrovert

- ☐ Out going
- ☐ Talkative
- ☐ Sociable
- ☐ Seek out other people

Introvert

- ☐ Shy
- ☐ Quiet
- ☐ Reserved
- ☐ Comfortable on their own

Agreeableness

● Agreeable

- Friendly to others
- Cooperate with others
- They are forgiving

● Disagreeable

- Suspicious or hostile
- Don't trust people
- Assume other people are unreliable

Which is most like you and when? Answer on page 24



Conscientiousness

- This trait describes how responsible and self-disciplined you are. Which is most like you and when? Answer on page 24

People who possess this trait:



- ☐ Are dependable and make good decisions
- ☐ Approach tasks organized, deliberate, and thorough

People who lack this trait:

- ☐ Do not think through their decisions
- ☐ Careless
- ☐ Easily distracted
- ☐ Give up on a task or lose interest



Emotional Stability

- People who are emotionally stable tend to be:

- Relaxed
- Calm during difficult situations
- Focus on the positive

People who are not emotionally stable tend to be:

- Fearful
- Angry
- Worried
- Tend to focus on the negative
- Expect the worst in most situations



Which is most like you and when? Answer on page 24

Openness to Experiences

- People who are open to new experiences tend to be:

Curious - Interested in many things

Imaginative – creative-
unpredictable

People who are less open tend to be:

- More predictable and less independent
- More likely to do what everyone else is doing

Which is most like you and when? Answer on page 24



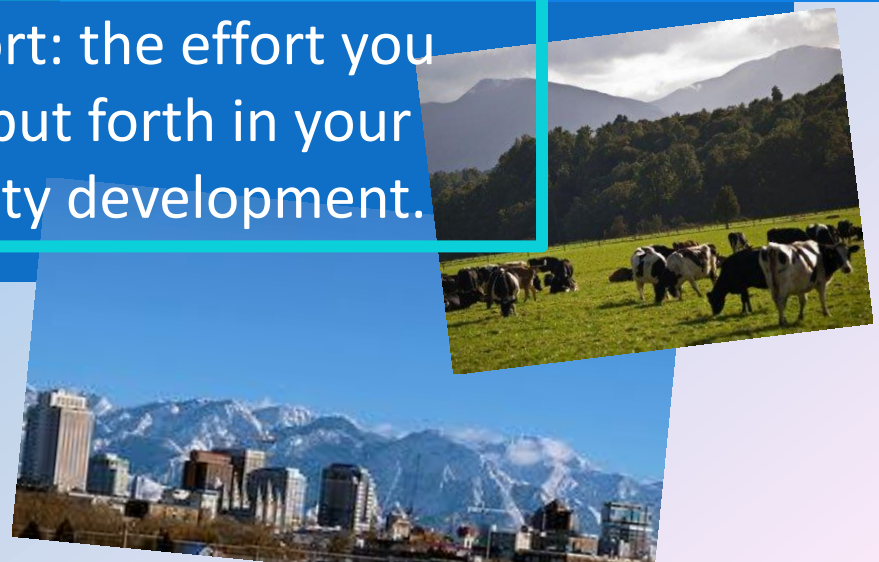
HOW PERSONALITY IS FORMED:

- Which has the greatest influence on personality---

Nature: refers to traits you are born with, ones you inherit from your parents.

Nurture: refers to the environment you are raised in and the experiences you have during your life.

Individual Effort: the effort you are willing to put forth in your own personality development.



WHAT INFLUENCES YOUR PERSONALITY?

COMBINATION OF:

Heredity

- ❖ Cheerfulness
- ❖ Shyness
- ❖ Talents:
 - ❖ Musical
 - ❖ Artistic
 - ❖ Athletic Abilities

Environment

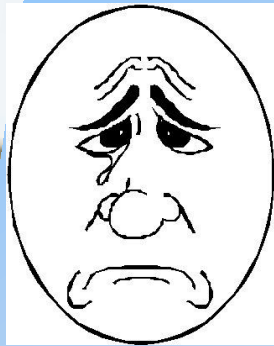
Just because you inherit certain tendencies does not mean that your personality is set for life when you are born.

- Family - modeling
- Friends –Peer groups
- Culture – belief system

Emotions

- Reactions to situations involves your:

- mind
- body
- behavior



An important fact of a healthy personality is being able to express emotions in appropriate ways.

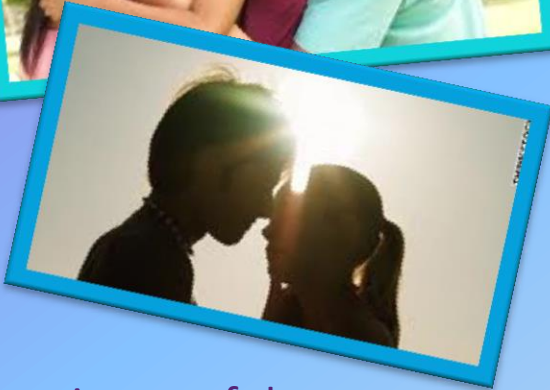
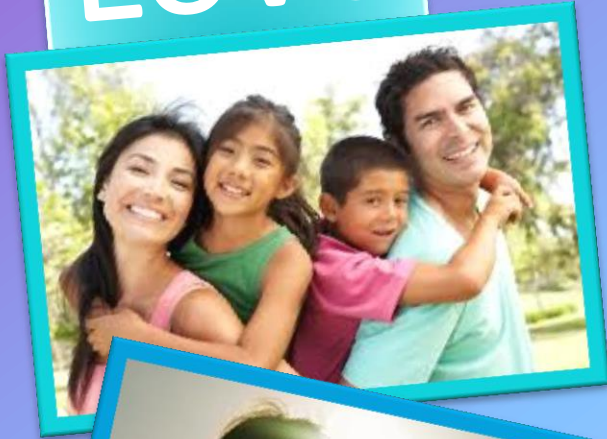
Primary Emotions:

- Happiness
- Fear
- Sadness
- Anger



Emotions are learned in a social environment

Love



Love is one of the
Most positive emotions
people are capable
of feeling.

Guilt



Guilt is a
helpful
emotion

Shame



It robs an individual
of self-esteem

Self-Esteem

- Self-Esteem refers to how much you respect yourself and like yourself.



- Most psychologists think that high self-esteem has a positive effect on health, while low self-esteem has a negative effect on health.



Self-Esteem & Your Health

Benefits of High Self-Esteem

- ❑ People with high self-esteem accept themselves for who they are.
- ❑ They have a realistic views of their strengths and weaknesses.
- ❑ They maintain positive attitudes even when they fail a task.
- ❑ People with high self-esteem maintain close relationships with others who respect and value them.
- ❑ If you feel good about yourself you take care of yourself: eat better, exercise, set goals, bounce back from disappointment & avoid risky behaviors.

Risks of Low Self-Esteem

- People with low self-esteem do not respect themselves.
- They judge themselves harshly.
- Worry about what others think.
- They put on an “act” in public to impress others and hide insecurities.
- Fear of failure.
- Afraid to try new things.
- Negative thoughts: I am not good enough, not smart enough,....
- Low self-esteem leads to drug use, dropping out of school, early pregnancy, eating disorders.

What boosts your self-esteem - Give examples on page26

Dealing with your emotions

Coping Strategy:

Is a way of dealing with an uncomfortable or unbearable feeling or situation.

Coping strategies are helpful when they improve a situation or allow a person to handle a situation in a better way.

Examples: telling the truth, accepting responsibility for your actions, recognizing your emotions, learning to say no...

Coping strategies are harmful when they make a situation worse or a person is less able to handle a situation.

Examples: lying, behaving immaturely, blaming others for your mistakes, refusing to recognize an emotion or problem...

Pg. 26 – List your stressors and healthy coping strategies

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